



Allergen Matrix

Exwick Heights Autumn/Winter 2025

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Jacket Potato, Cheese, Beans & Salad														
Pri Apple Cake					 <i>Wheat</i>									
Pri Baked Beans														
Pri Bananas														
Pri Baton Carrots														
Pri Broccoli Fresh														
Pri Broccoli, Bean & Cauliflower Cheese Bake					 <i>Wheat</i>									
Pri Brunch														
Pri Caribbean Jambalaya														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
PRI Cauliflower Fresh														
Pri Cheese & Bean Pasty					 <i>Wheat</i>									
Pri Cheesy Garlic Chicken Wrap					 <i>Wheat</i>									
Pri Chips														
Pri Chocolate Cake					 <i>Wheat</i>									
Pri Chocolate Cookie					 <i>Oats, Wheat (Barley*, Rye*)</i>									
Pri Coleslaw (Raw)														
PRI Custard														
Pri Custard Cookie					 <i>Wheat</i>									
Pri Devon Beef Burrito					 <i>Wheat</i>									
Pri Devon Beef Chilli ONLY														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Devon Pork Chipolata Sausages														
Pri Fine Green Beans														
Pri Fish Fingers					 <i>Wheat</i>									
Pri Fishcake					 <i>Wheat</i>									
Pri Fruit Salad & Ice Cream														
Pri Gravy														
Pri Homemade Focaccia Bread					 <i>Wheat</i>									
Pri Homemade Tomato & Herb Bread					 <i>Wheat</i>									
Pri Homemade White Bread					 <i>Wheat</i>									
Pri Homity Pie					 <i>Wheat</i>									
Pri Ice Cream Pot														

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Pri Indian Kachumber Salad														
Pri Jacket Potato With Cheese & Salad														
Pri Jacket Potato With Cheese, Beans & Salad														
Pri Jacket Potato with Tuna Mayonnaise & Salad														
Pri Lentil & Vegetable Curry ONLY					 <i>Wheat</i>									
Pri Macaroni Cheese					 <i>Wheat</i>									
Pri Margherita Pizza					 <i>Wheat</i>									
Pri Mashed Potato														
Pri Mild Chicken Curry ONLY														
Pri Mozzarella & Tomato Pin Wheel					 <i>Wheat (Barley*, Oats*)</i>									
Pri Mushroom Biryani					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Mushroom Stroganoff ONLY														
Pri Naan Bread					 <i>Wheat</i>									
Pri Oaty Cookie					 <i>Oats, Wheat (Barley*, Rye*)</i>									
PRI Pasta With Cheese Sauce					 <i>Wheat</i>									
Pri Peas														
Pri Plant Based Strawberry Jelly & Fruit														
Pri Red Pepper Frittata														
Pri Roast Chicken														
Pri Roast Gammon														
Pri Roast Pork Leg														
Pri Roast Potatoes														

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Pri Salad (Sticks - Carrot & Cucumber)														
Pri Salad (Tomato, Cucumber & Iceberg)														
Pri Salmon Fingers					 <i>Wheat</i>									
PRI Shortbread					 <i>Wheat</i>									
PRI Steamed New Potatoes														
Pri Strawberry Mousse & Fruit Pot														
Pri Strawberry Mousse Whip														
Pri Sweetcorn														
Pri Toad In The Hole					 <i>Wheat</i>									
Pri Tomato & Mozzarella Pasta Bake					 <i>Wheat</i>									
Pri Vegetable & Mixed Bean Lasagne					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Vegetable Fajita					 <i>Wheat</i>									
Pri Vegetable Quiche					 <i>Wheat</i>									
Pri Vegetarian Brunch					 <i>Wheat</i>									
Pri Vegetarian Toad In The Hole					 <i>Wheat</i>									
Pri Wedges														
Pri White & Wholegrain Rice														
Pri Yorkshire Pudding Vegetable Cottage Pie					 <i>Wheat</i>									